



ASHDALE CATERING

The School Lunch People

Ashdale (Curries) - Dahl Curry with Rice (11/24)

By Niamh O'Connor from Cork Nutrition Consultancy

OVERVIEW

W / 11756564



WEIGHT:

30.7% Carbs

5.9% Protein

10.2% Fat

53% Water

FOOD LABELLING

EU Label values per 100g

	PER 100G	%RI	PER 200G SERVING	%RI
Energy (KJ)	1005 kJ	12%	2644 kJ	31%
Energy (kcal)	240 kcal	12%	631 kcal	32%
Fat	10 g	14%	26 g	37%
of which saturates	0.7 g	4%	1.8 g	9%
Carbohydrate	30 g	12%	80 g	31%
of which sugars	0.5 g	1%	1.1 g	1%
Fibre	2.7 g	11%	7.2 g	29%
Protein	5.8 g	12%	15 g	30%
Salt	0.92 g	15%	2.4 g	40%

Serves **1**

OTHER PROPERTIES:



VEGETARIAN



VEGAN



LOW SATURATED FAT



SOURCE OF VITAMIN E



SUGAR FREE

* Vitamin E contributes to the protection of cells from oxidative stress

Nutri-Score



HFSS Rating



NUTRIENT BREAKDOWN PER 100G...